

AMENDMENTS TO CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-4 (Canceled)

Claim 5 (New) A method of communicating an associated message, comprising the steps of:

- providing a plurality of messages each relating to a different associated theme;
- crafting a generally thin first article having a substantial uniform thickness for insertion into associated footwear, wherein the first article includes a first configuration of raised bosses and a first thematic pictorial image that in combination distinctly represents a first of said plurality of messages;

- crafting at least a second generally thin article having a substantial uniform thickness for insertion into said associated footwear, wherein the at least a second article includes a second configuration of raised bosses and a second thematic pictorial image that in combination distinctly represents a second of said plurality of messages;

- inserting at least one of the first and at least a second articles into associated footwear; and, wearing said footwear thereby communicating one or more of the plurality of messages.

Claim 6 (New) The method of claim 5, wherein the first article is constructed from a substantially different material than the at least a second article; and,

- wherein the materials are selected from the group consisting of:
paper, plastic, cloth or leather.

Claim 7 (New) The method of claim 5, wherein the first article and at least a second article are insole-shaped shoe inserts each having first and second ends respectively.

Claim 8 (New) The method of claim 7, wherein the first configuration of raised bosses is positioned at a first end of the first article; and,

wherein the second configuration of raised bosses is positioned at a second end of the at least a second article.

Claim 9 (New) A method of claim 7, wherein the first article has a left-shoe insole shape; and, wherein the at least a second article has a right-shoe insole shape.

Claim 10 (New) A therapeutic method for emotionally or spiritually revitalizing a person, comprising the steps of:

providing a plurality of messages each having therapeutic value;

providing a generally thin first article for insertion into a person's shoes, wherein the first article includes a first configuration of raised bosses that distinctly represents a first of said plurality of messages and wherein the first article includes a correlating printed message; and,

reading the correlating printed message;

inserting the first article into said person's shoes; and,

wearing said person's shoes thereby reminding said person of the first of said plurality of messages.

Claim 11 (New) The method of claim 10, further comprising the steps of:

providing at least a second generally thin article for insertion into said person's shoes, wherein the at least a second article includes a second configuration of raised bosses that distinctly represents a second of said plurality of messages; and,

selecting at least one of the first article and the at least a second article for insertion into said person's shoes.

Claim 12 (New) The method of claim 11, wherein the at least a second article includes a correlating printed message.

Claim 13 (New) The method of claim 12, wherein before the step of wearing said person's shoes, the step further comprising:

stacking the first article and the at least a second article in said person's shoes.